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CLAIMS:

1.          An activity monitor comprising:
            a measurement unit including a plurality of motion sensors operable to
produce respective sensor signals indicative of motion experienced thereby; and
            a processor operable to receive the sensor signals from the measurement unit
5    and to process the sensor signals in accordance with a predetermined method,
            characterized in that the activity monitor is operable to monitor and process
the sensor signals discontinuously in time.

2.          An activity monitor as claimed in claim 1, wherein the measurement unit is
10   operable to output the sensor signals discontinuously in time.

3.          An activity monitor as claimed in claim 1 or 2, wherein the processor is
operable to monitor the sensor signals discontinuously in time.

15   4.          An activity monitor as claimed in any one of claims 1 to 3, wherein the
processor is operable to monitor the sensor signals in turn.

5.          An activity monitor as claimed in claim 1, wherein the processor is operable to
enter a monitoring mode of operation in which the processor monitors the sensor signals and
20   to enter a standby mode of operation in which no monitoring takes place.

6.          An activity monitor as claimed in claim 5, wherein the processor is operable to
enter the monitoring mode and the standby mode alternately.

25   7.          An activity monitor as claimed in claim 6, wherein respective time periods for
the monitoring and standby modes are variable.

8.          An activity monitor as claimed in claim 6, wherein respective time periods for
the monitoring and standby modes are fixed.

9.          A method of monitoring activity using a plurality of motion sensors which are operable to produce respective sensor signals indicative of motion experienced thereby, the method comprising receiving sensor signals and processing the signals in accordance with a predetermined method, characterized in that the sensor signals are monitored and processed discontinuously in time.

10.         A method as claimed in claim 9, comprising alternately monitoring the sensor signals and operating in a standby mode, in which no monitoring takes place, for respective time periods.

11.         A method as claimed in claim 10, wherein the respective time periods are variable.

12.         A method as claimed in claim 10, wherein the respective time periods are fixed.

13.         A method as claimed in claim 9, wherein the sensor signals are monitored in turn.